EXECUTIVE SUMMARY

Student health and wellbeing, which includes primary and clinical care, mental health care, and health promotion and education, is one of our most important shared responsibilities. UBC is committed to supporting and enhancing the health and wellbeing of our students as a foundational practice in advancing the teaching and learning, and research mission of University.

To continue to meet the evolving health and wellbeing needs of our students a comprehensive collaborative integrated approach is required. The integration vision is to create a student centred, integrated student health and wellbeing unit for students to access primary care, specialists, counselling, and mental health care, and a hub for health promotion and educational programming. The presentation outlines the approach and the continued progress and implementation to date.

PRESENTATION

1. Student Health and Wellbeing BoG Sept 2023
STUDENT HEALTH AND WELLBEING

Board of Governors – PCI Committee

Noorjean Hassam
Associate Vice President, Student Health and Wellbeing
University of British Columbia
August 2023
Land Acknowledgement

I would like to begin by acknowledging that the land on which we gather is the traditional, ancestral, and unceded territory of the xwməθkwəy̓əm (Musqueam) People.
Variety of Providers:
• Nurses
• Nurse practitioners
• Family physicians
• Medical specialists

Services:
(including but not limited to)
• Medical exams
• Vaccinations
• STI testing
• Contraception (Birth Control)
• Prescriptions
• Referrals to specialists
• Gender affirmation treatment
Indigenous Student Mental Health and Wellbeing Team

Embedded Counsellors in:
- Almost all Faculty's
- Vantage College
- Residences
- Chan Gunn Centre – Varsity

UBC Student Assistance Program
(Telephone Counsellors available 24/7 from anywhere)
Student Recovery Community (SRC)
Recap: SHW Goals for Year 1 & 2

1. Listen to students and staff about current state of services for supporting mental/physical health and engage with them to shape improvements

2. Develop a permanent leadership structure and hire leaders

3. Address insufficient funding for SHW

4. Address insufficient staffing/service capacity to meet student demand and decrease the wait times for services

5. Address the lack of diversity among healthcare providers
Building the SHW Leadership Team
2021-2022

Student Health and Wellbeing

Associate Vice-President Student Health and Wellbeing (New)
Associate Director, Student Health and Wellbeing (2 new)

Counselling Services

Director, Counseling Services (Replacement)
Associate Director, Counseling Services (Replacement)
Associate Director, Indigenous Health and Wellbeing (New)
Associate Director, Embedded Counselling (New)

Student Health Services

Director, Student Health Services (New)
Associate Director, Collaborative Practice (New)

Health Equity, Promotion, and Education

Director, Health Equity, Promotion, and Education (Revised)
Nursing Team Lead (Replacement)
Administrative Managers (2 replacements)
Physician Lead (Revised position – Vacant)
In 2022

Underwent a zero-based budgeting process for the Vice Presidents Students portfolio, including SHW

UBC Executive approved a 5-year $10 million business case for increased funding for SHW to meet adequate service level ratios and student need
Student Health & Wellbeing
Goals for 2023-2025
Moving Toward Integration of Student Health and Wellbeing
Integration Vision

To create a student centered, integrated unit for students to access primary care, specialists, counselling and mental health care, and a hub for health promotion and educational programming

These commitments guide our work:

• Respect and Compassion
• Equity and Social Justice
• Connection and Collaboration
Components of Integration:
1) Team Based Care
Components of Integration:
2) Unified Administration Team

Counselling Admin Team + Student Health Service Admin Team → Unified Administration Team
Components of Integration:
3) Single Electronic Health Record (EHR)
Components of Integration:
4) Relocation to Gateway Building
Components of Integration:
5) Partnership Opportunities

School of Nursing
Student Health and Wellbeing
School of Kinesiology
UBC Health
Equity, Diversity, and Inclusion

1. **Optimize Indigenous Mental Health and Wellbeing (IMHW)**
   - Develop the Indigenous Mental Health and Wellness Team (3 providers)
   - Support Indigenous students across the UBC Vancouver campus through culturally sensitive, trauma-informed approaches

2. **Mental Health Decolonization project**
   - An action research project to explore decolonization, how it informs the work we do, cultural humility practices, client self-determination and Indigenous perspectives on mental health and wellbeing

3. **SHW Staff training**
   - Trained in unconscious bias, creating LGBTQ+ spaces, trans care and decolonization

4. **Increase Diversity of Staff**
   - Questions on equity, diversity, and inclusion in hiring interviews
   - Purposeful hiring to increase the diversity of our staff across SHW to reflect the student population